

* WEEKEND HEALTH TIPS SPECIAL EDITION *



Sarah Seifert & Jeri Dreikosen—EAP and Wellness

June 7th 2016



#Transformation Tuesday

*This special, and final edition, of Weekend Health tips is celebrating **Transformation Tuesday** with the Amazing Transformations of 4 SASD employees. Join them on their Wellness Journeys, with Pictures and Interviews, to help inspire and motivate!*

A huge Congratulations to Theresa, Ann, Denise, & Jodi! Thank you for sharing you stories with us! You are all an inspiration!

SASD Wellness Info:

May Seeds of Wellness

Turn in Challenge Cards **with Name & ID #** to Jeri or Sarah by **June 10th**

Road to the Gold Summer Challenge

- * Complete Online Registration Form
- * Pick up Tracking Form
- * **Send One email to Jeri or Sarah before July 1st with minutes to check in and acknowledge participation**

Register Now! SASD Summer Fitness Classes!

[Click Here for Details!](#)

Summer Biking Club

Thurs, June 16 at 3:30

10 mile ride on the Plank Road Trail.

Meet at Bicycle Works by 3:20 and ready to ride at 3:30.

Questions? Contact by email or text Kim Schlieder [920 207 6498](tel:9202076498)

Recreation Dept. Summer Classes

[Click HERE for Details!](#)

#Transform

#Inspire

#Believe

#Achieve

#HealthyLife

#SASDWellness

#Succeed

Save the Date!!!

Back to School Bash

Sheboygan North H.S.

August 23rd